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OSCAR WINNER FOUND
IN HIS APARTMENT AFTER
APPARENT OVERDOSE **PAGE 7**

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Early mornings

WAVES
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CBE high school class sizes spike by over 10%

Second semester.

Grade 10-12 students return to crammed classes Monday



**JEREMY
NOLAIS**

jeremy.nola@metronews.ca

Average class sizes in Calgary public high schools jumped by more than 10 per cent last semester to reach an unprecedented height of nearly 30 students per instructor, according to new data.

The official figures reported by the Calgary Board of Education to the province were published quietly online Friday night. They show that the average high-school room now accommodates 29.6 students, up from 26.8 last year and 24.2 kids five years ago.

This comes after CBE administrators made the decision to spare younger grades from what they deemed as an inadequate provincial budget last year. The board and teacher representatives have been at odds over how deep per-student grants for Grade 10-12 learners were cut, with suggestions ranging from four to 11 per cent. Parents and students informed by Metro of the

figures Sunday were quick to suggest they reinforced previous claims of crowded classrooms — there have been isolated reports of more than 40 kids in some rooms — overworked teachers and a lack of one-on-one time between students and teachers.

Bev Breendon sits on the parent council at Lester B. Pearson High School, which saw its average class size increase by 6.6 students year-over-year. She commended the efforts of the school's principal and staff to make the best of a difficult situation, but said fears remain that the quality of education is suffering.

"I don't think it's advantageous for this kids," she said. "My daughter did know to go and ask (the teacher) for help — what about the kids that don't?"

Alberta's Commission on Learning recommends high schools stick to an average of 27 kids per class. Of CBE schools, only Central Memorial, Jack James and specialized programs were below that mark last semester and nearly all saw steep student increases.

The CBE has seen a surge in students beyond its projections this school year; however, high-school kids actually enrolled in smaller

numbers than those seen at younger grades. An additional 374 kids signed up for high school in the fall, a roughly 1.3 per cent increase year-over-year, but kindergarten enrolment shot up 8.3 per cent and Grade 1 to Grade 3 saw a 6.2 per cent increase.

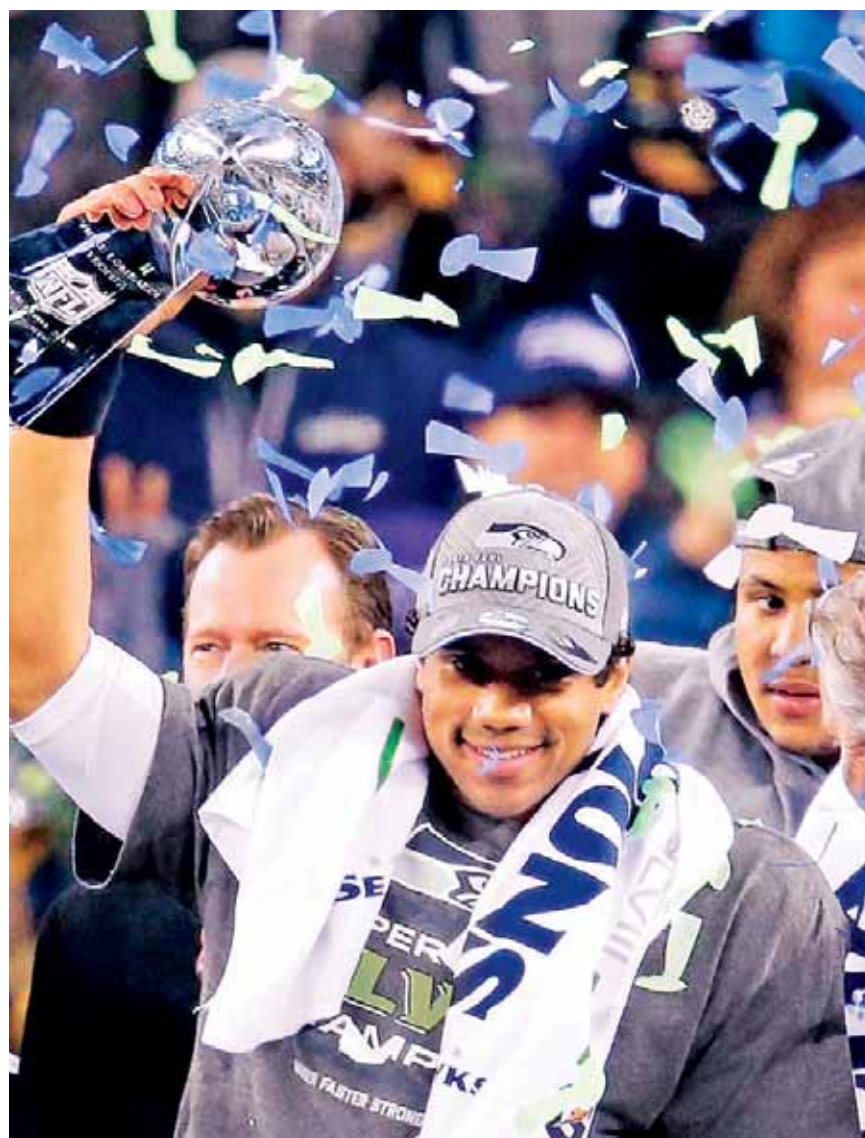
Even still, average class sizes at younger grades barely increased — kindergarten to Grade 3 saw a 0.1 per cent jump and Grade 4 to Grade 6 saw no increase at all.

CBE trustee Lynn Ferguson was openly critical of provincial funding provided in the March budget during last fall's municipal election campaign. Reached Sunday, she said she wanted to see class-size figures for the high school's winter semester, set to begin Monday, and would then discuss the matter with constituents.

"It's a question of speaking again to our families about our need for funding," she said.

On the web

Want to know how your kid's school stacks up? For a complete breakdown of CBE class sizes last semester, head to metronews.ca.



SEAHAWKS SURPRISE

Seattle Seahawks quarterback Russell Wilson holds up the Vince Lombardi Trophy after winning Super Bowl XLVIII against the Denver Broncos on Sunday. In what many believed was going to be an evenly-matched game, the Seahawks ended up winning handily by a score of 43-8. Story, page 18.

CHRIS O'MEARA/THE ASSOCIATED PRESS

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Inglewood

Restless citizens attempt to shame CP Rail via Twitter

In spite of a federal order prohibiting nighttime work at a CP Rail locomotive maintenance facility, nearby residents say loud noise continues to keep them up at night and they've launched a new Twitter campaign in response.

"I hear it most nights," said Jack Adamson, who lives a few blocks from Alyth Yard. "My wife, who is more sensitive, hears it almost every night."

Fed up with noise that he said often rattles windows, Adamson is encouraging Inglewood residents to document their experiences by tweeting with the hashtag #ShameOnYouCPRail.

The company, however, maintains it is in full compliance with a Sept. 13 order from the Canadian Transportation Agency to cease all load testing and idling operations between 11 p.m. and 7 a.m.

Spokesman Ed Greenberg said the ruling "relates specifically" to the maintenance facility but not the entirety of Alyth Yard, where other nighttime work continues.

"The directive did not impact our yard continuing to operate 24/7," Greenberg said, adding the company continues to work with Coun. Gian-Carlo Carra and area residents.

Carra, for his part, applauded the campaign, saying, "The #ShameOnYouCPRail campaign is an excellent move by citizens who have been extremely successful in taking this giant corporation to task."

ROBSON FLETCHER/METRO



Russian-born Oleg Lutso is seen with his family — wife Maya Lutso and kids Ava, 8, Oliver, 6, and Myles, 11 months — in Calgary on Sunday. Lutso said he looks forward to the Sochi Games. JEREMY NOLAIS/METRO

Russian expatriates divided on Olympics

Pride and priorities.
Local residents mixed on whether glory is worth precious funds



JEREMY NOLAIS
jeremy.nolais@metronews.ca

It will be a special moment for Calgary's Oleg Lutso when he cosies up with his three little ones to watch the Olympic Winter Games opening ceremonies later this week.

He moved to Canada from Russia 16 years ago, but hasn't lost sight of his heritage and the pride he feels in

his homeland.

"I get to cheer for both teams," he said in an interview Sunday. "If Russia wins, I get to cheer. If Canada wins, I get to cheer too, right?"

Beyond the battle for medals, Lutso said the Games will mark a momentous occasion for Russia and thousands of other expats in Calgary.

Russia has never hosted the Olympics — the 1980 Summer Games were held in Moscow under the former Soviet Union banner.

"It's been a long time," said Lutso, who had hoped to attend the Sochi spectacle but found the costs too steep. "For the last 10 years, Russia has slowly come back to

Compatriots

34,000

Figures from 2011 suggest more than 34,000 Russian expats reside in Calgary.

the country people used to know.... People are paying attention to Russia, it's being kept on the map."

Calgary resident Alex Sazanovitch hails from the Republic of Belarus. He moved to Canada five years ago, but his parents still live in Belarus and his grandparents reside in Russia itself.

Sazanovitch said opinions back home about the Games

appear mixed.

"I think it's real important to the government and the politicians, but the regular people are pretty much against it," Sazanovitch said. "They are cutting the budgets from the hospitals.... They don't have money for basics but they're spending \$50 billion on the Olympic Games?"

Lutso, however, said he plans to relish seeing his country shine on the international stage. He also hopes to teach his kids about their roots.

"They are Canadians; they were born here," he said. "But that's what made us Canadians — we all have heritage coming from somewhere."

1 NEWS

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Sidewalk-level bike lanes planned

8 Street SW. Redesign includes trees, wider sidewalks, public art and urban design elements



ROBSON FLETCHER
robson.fletcher@metronews.ca

In what would be a first for Calgary, a new plan for 8 Street SW includes raised cycle lanes adjacent to the roadway but not on the road.

"It's up at the same level of the sidewalk," said Ben Barrington, a program manager with the city's land-use and planning department. "So it's not a cycle track, like you have on 7 Street."

Instead, the proposed lanes would run on opposite sides of a totally redesigned 8 Street SW, between 17 Avenue and the railway underpass.

That stretch of roadway would be reduced from four to three lanes — one in each direction and a left-turning lane in the middle — making room for vastly expanded sidewalks with trees and 1.5-metre cycle lanes on both sides, and room for things like outdoor cafés

and patios on one side.

The sidewalk-level lanes would end at the underpass, transitioning to on-street bike lanes that would see cyclists and motorists side by side beneath the railway.

No cycle lanes are proposed north of the underpass on 8 Street; Barrington said the idea is for cyclists to connect from there to the existing cycle tracks on 7 Street SW.

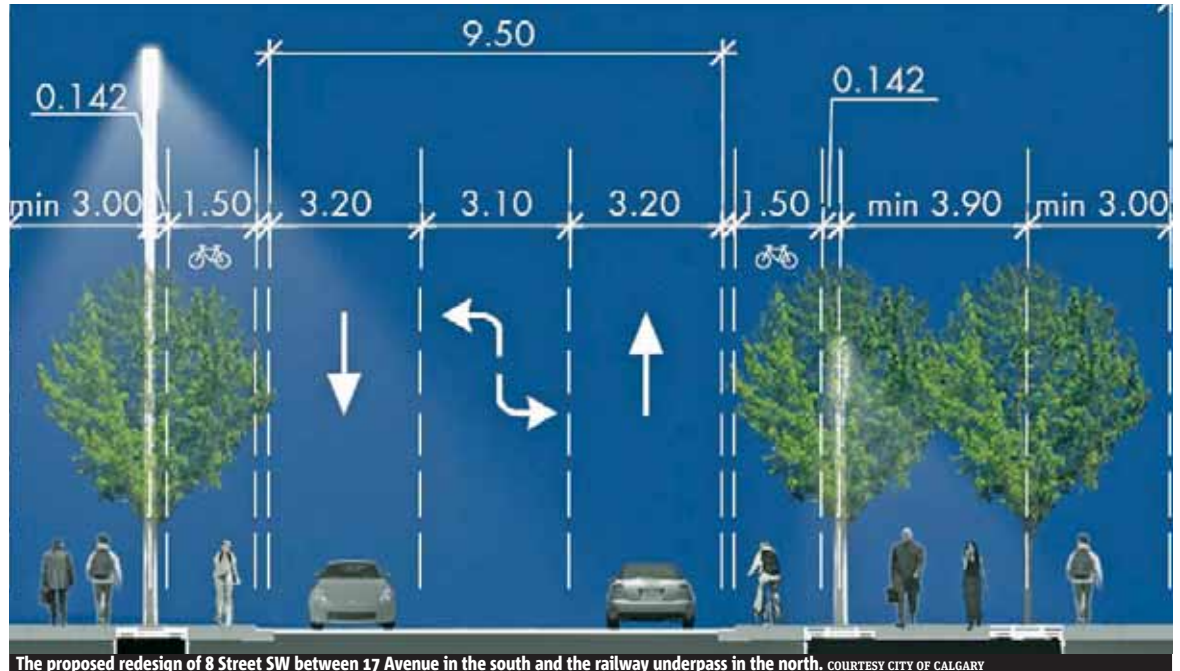
Dale Calkins of Bike Calgary said he's "encouraged" by the plan, as it would create an almost-contiguous bike route from the Beltline to the Bow River.

"It's obviously not the most ideal north-south connection," Calkins said. "But definitely this is a good option in this part of the city."

Gary Beaton of the Calgary Tour de Nuit Society, however, said the switch from sidewalk-level lanes to on-street lanes through the underpass presents too much risk for riders.

"Transitioning bike lanes like that isn't going to work," he said. "It's going to be confusing, particularly to new people — the people we're trying to get onto bikes."

Coun. Sean Chu, who has been an outspoken opponent



The proposed redesign of 8 Street SW between 17 Avenue in the south and the railway underpass in the north. COURTESY CITY OF CALGARY

of ceding roadway for bicycle lanes along other routes like 1 Street SE and Macleod Trail, said he's not opposed to the loss of one car lane on 8 Street SW, as it sees less commuter

traffic and the redesign is part of a larger public-realm enhancement.

Chu also noted a certain irony in the plan, given the largely negative reaction

to his earlier suggestion of using sidewalk space for cycle lanes.

"It's funny, because when I suggested that, a lot of people were blaming me or calling

me different names," he said.

The 8 Street SW Corridor Public Realm Plan is in its final stages but the city is still accepting feedback on the plan.

Furry forecast

Balzac Billy predicts early spring

Alberta's Balzac Billy didn't see his shadow Sunday morning, spurring predictions of a short winter.

The annual Groundhog Day forecast came despite frigid temperatures and record snowfall in recent weeks, and fears of more to come in Alberta and B.C.



Nova Scotia's Shubenacadie Sam
ANDREW VAUGHAN/THE CANADIAN PRESS

Elsewhere, Canada's major prognosticating rodents

provided a split decision on whether the country is in for an early spring or six more weeks of winter.

Ontario's Wiarton Willie, for example, spotted his shadow, indicating six more weeks of what has already been a long, cold, and snowy winter.

Nova Scotia's Shubenacadie Sam, by contrast, did not spot his shadow, which means an early spring, according to Groundhog Day folklore.

METRO/THE CANADIAN PRESS

Were these booze rules made for breaking?

Debate brewed among Calgary's arts and culture crowd over the weekend as B.C. announced a splash of new rules on liquor sales and availability.

Among the changes set to take effect are relaxations on rules requiring a designated alcohol consumption area at festivals and the allowance of grocers to sell beer, wine and various spirits in-store.

Kids could also soon be allowed into pubs in B.C. and hotel guests will be able to carry their drinks from a lobby bar up to their rooms.

Shawn Petsche, festival manager of Calgary's annual Sled Island music showcase, said his group was given special permission in 2011 to allow alcohol-consuming attendees to roam freely within



Partiers are seen at a Calgary Folk Fest. If Alberta follows B.C.'s lead, festival lovers would be able to get close to performers while still drinking. METRO FILE

Olympic Plaza, rather than confining them to a designated beer garden.

"To be honest, in every way, it was a better experience," he said Sunday. "For one, anyone who wanted a beer could have a beer and still be engaged in the show. You shouldn't have been stuck 200 feet back from the stage."

Petsche said he worries that gated areas for drinking "ghettoizes" beer lovers and actually could lead to more security issues. He said he's witnessed revellers chug a few

beers so they can get back to the stage in time for another act. Without the gardens, he said, guests can roam freely and drink a little slower.

Les Siemieniuk, general manager of the Calgary Folk Fest, said he wasn't as sold on the idea, adding many families head to Prince's Island Park for the annual indie soiree.

"Some people don't drink but they still want to see a performer," he said.

JEREMY NOLAN/METRO, WITH FILES FROM LEAH GERMAIN

Gaming and Liquor

Unlike in B.C., Alberta does not cap the number of liquor stores operating. There are currently about 1,300 shops to buy booze from in Alberta.

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Industry Canada's rigid Twitter rules

#Bureaucracy. Tweets sanitized through 12-step protocol, retweets planned days in advance

Pity the poor government tweet, nearly strangled in its cradle before limping into the Twitterverse.

Newly disclosed documents from Industry Canada

show how teams of bureaucrats often work for weeks to sanitize each lowly tweet, in a medium that's supposed to thrive on spontaneity and informality.

Most 140-character tweets issued by the department are planned weeks in advance; edited by dozens of public servants; reviewed and revised by the minister's staff; and sanitized through a 12-step protocol, the documents indicate.

Insiders and experts say the result is about as far from the

spirit of Twitter as you can get, and from a department that's supposed to be on the leading edge of new communications technologies.

The documents, obtained through the Access to Information Act, show such a high level of control that arrangements are made days in advance to have other government agencies retweet forthcoming Industry Canada tweets, because retweets are considered a key measure of success.

In turn, Industry Canada

Quoted

"You're imposing structure on a form of communication that inherently rejects structure."

Anonymous Industry Canada insider, on the department's strict Twitter protocol.

agrees to do the same for tweets from the Business Development Bank of Canada and others.

Formal policy for the department was set into a protocol last October, with a 12-step process that requires numerous approvals for each tweet from Industry Minister James Moore's office or from the office of Greg Rickford, the junior minister.

Public servants vet draft tweets for hashtags, syntax, policy compliance, retweeting, French translation and other factors. Policy generally precludes tweeting on weekends, and the minister's personal

Twitter handle must be kept out of departmental tweets, though his name and title are often included.

The resulting tweets read like stiff public service announcements.

An insider at Industry Canada said the "super-rigid process" is frustrating, and simply doesn't work for Twitter.

"We don't really know what we're supposed to be on Twitter," he said in an interview, on condition of anonymity to protect his job. **THE CANADIAN PRESS**

Middle East tour. PM's trip positive for one third of Canadians: Poll

Almost half of Canadians followed Prime Minister Stephen Harper's recent trip to the Middle East, and a third said they had positive views of his inaugural visit to the region, a new poll has found.

The survey, conducted from Jan. 23 to Jan. 27 by Harris/Decima for The Canadian Press,

suggests a third of Canadians held a favourable impression of Harper's first foray to the Middle East.

Twenty-six per cent, meantime, said they held an unfavourable view. The majority of those polled, however (42 per cent) said they had no opinion. **THE CANADIAN PRESS**



Groundhogs split on whether our weather will get better

Warton, Ont., Mayor John Close, right, laughs after listening to groundhog Wiarton Willie's weather prediction on Sunday. Canada's major prognosticating rodents provided a split decision on whether the country is in for an early spring or six more weeks of winter. Ontario's Wiarton Willie emerged from his cosy den Sunday morning and immediately spotted his shadow, which according to groundhog folklore means Canadians can expect six more weeks of what has already been a long, cold, snowy winter. Nova Scotia's Shubenacadie Sam was the first groundhog out, delivering a promising forecast for winter weary Canucks after he did not see his shadow, signalling an early spring. **FRANK GUNN/THE CANADIAN PRESS**



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PM's next trek

Mexico may not be so welcoming

He felt the love in Israel, but when Prime Minister Stephen Harper arrives in Mexico later this month, he'll be met by an undercurrent of resentment from a continental neighbour that feels spurned by Canada.

That resentment towards Canada runs deeper than their disagreement over a travel visa that the Harper government imposed on travellers from Mexico in 2009.

It extends to lingering dissatisfaction over the lack of progress to move the economic relationship beyond the North American Free Trade Agreement.

THE CANADIAN PRESS

Forbes' 30 under 30

Ex-investment banker makes splash in music biz

A 26-year-old Toronto entrepreneur, who quit his investment banking job to pursue his dreams, has made Forbes magazine's "30 under 30" list

for music, alongside industry heavyweights like Drake and Lady Gaga.

Derrick Fung is the mind behind Tunezy, a website that allows fans to pay for unique music experiences, including backstage passes, meet and greets with their favourite artists or private online chats.

THE CANADIAN PRESS

Actor Philip Seymour Hoffman dead at 46

Family 'devastated.'

Prolific character actor discovered in his apartment after an apparent heroin overdose

Philip Seymour Hoffman, who won a best-actor Oscar in 2006 for his portrayal of writer Truman Capote and created a gallery of other vivid characters, was found dead Sunday in his apartment with what officials said was a needle in his arm. He was 46.

Two law enforcement officials, who spoke on condition of anonymity, said the actor apparently died of a drug overdose. Envelopes containing what was believed to be heroin were found with him, they said.

Hoffman made his career mostly as a character actor, and



Philip Seymour Hoffman in 2006, after winning an Oscar for his work in Capote. Hoffman was found dead Sunday. KEVORK DJANSEZIAN/THE ASSOCIATED PRESS

was one of the most prolific in the business, plying his craft with a naturalism that made him one of the most admired performers of his generation.

The stage-trained actor was nominated for Academy

Awards four times in all: for Capote, The Master, Doubt and Charlie Wilson's War. He also received three Tony nominations for his work on Broadway.

Hoffman spoke candidly over the years about past strug-

gles with drug addiction. After 23 years sober, he admitted in interviews last year to falling off the wagon and developing a heroin problem that led to a stint in rehab.

Tributes poured in from other Hollywood figures.

Kevin Costner said in an interview, "Philip was a very important actor and really takes his place among the real great actors. It's a shame. Who knows what he would have been able to do? But we're left with the legacy of the work he's done and it all speaks for itself."

Hoffman's family called the news "tragic and sudden." Hoffman is survived by his partner of 15 years, Mimi O'Donnell, and their three children.

"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," the family said in a statement.

THE ASSOCIATED PRESS

'Disgraceful.' Woody Allen says Dylan Farrow's sex-abuse claims are 'untrue'

A representative for Woody Allen says the director calls Dylan Farrow's allegations of child molestation "untrue and disgraceful."

Publicist Leslee Dart said in an email Sunday that Allen has read Farrow's open letter, published online by The New York Times, claiming she was sexually assaulted as a seven-year-old by her then adoptive father. Dart also said Allen will be responding soon.

Farrow claimed that in 1992 at the family's Connecticut home, Allen led her to a "dim, closet-like attic" and "then he sexually assaulted me." Farrow didn't specify Allen's actions, but described other abusive behaviour.

The 1992 allegation came shortly after Allen became involved with Mia Farrow's adopted daughter, Soon-Yi Previn. Allen, then in his mid-50s, was not the adoptive father of Previn, who was about 19 at the time. The two



Woody Allen THE ASSOCIATED PRESS FILE

married in 1997 and have two adopted daughters.

Connecticut prosecutors investigated the allegations in 1993 but did not charge Allen. The 78-year-old director has long maintained his innocence.

In the open letter, Farrow recalled several events from her childhood. In a letter to op-ed columnist Nicholas Kristof, she said she was moved to speak out because of Hollywood's continued embrace of Allen.

THE ASSOCIATED PRESS

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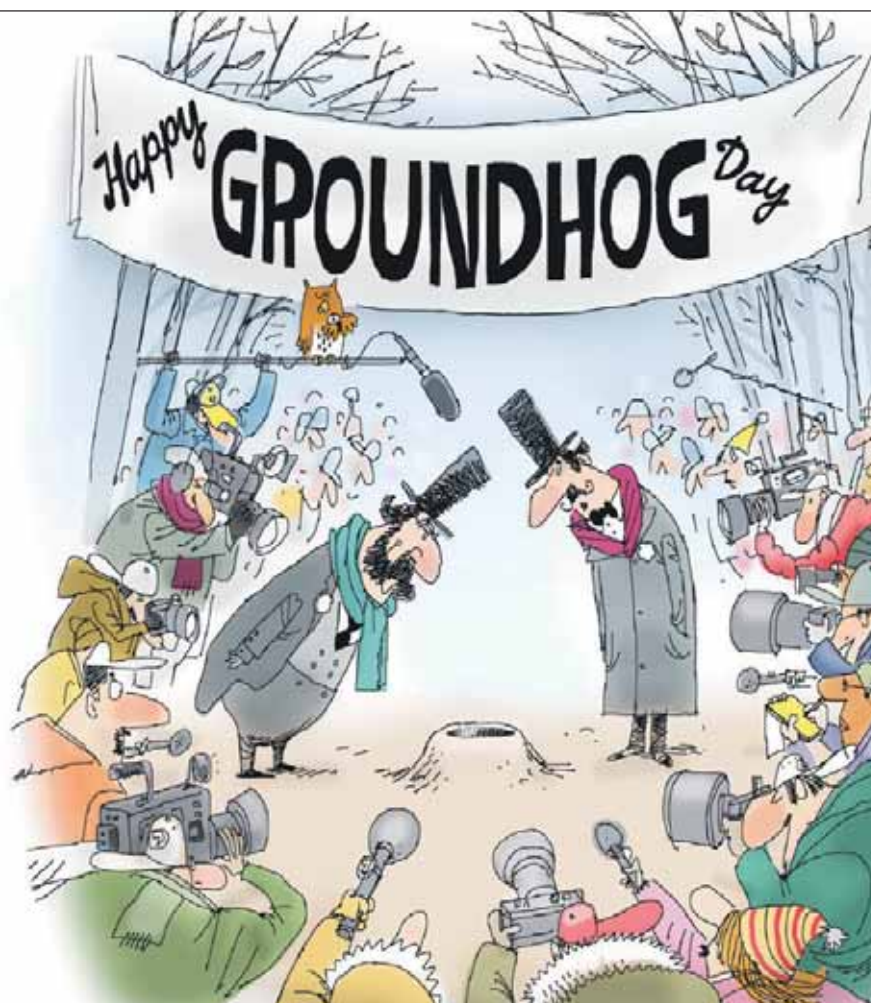
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Ukrainian president returning to work

Ongoing unrest. Viktor Yanukovich's office announced end of sick leave opposition leaders found suspicious

The Ukraine's president will return Monday from a short

sick leave that had sparked a guessing game that he was taking himself out of action in preparation to step down or for a crackdown on anti-government protests.

Viktor Yanukovich's office made the announcement about the president's return the same day as protesters seeking his resignation held one of their largest gatherings in recent weeks. About

'With the help of the world'

"The crisis will end at last when ... we will hold new elections that will stop the regime of Yanukovich."

Protest leader Vitali Klitschko

20,000 people assembled at the main protest site in

Kyiv's central square on Sunday.

Yanukovich's sick leave was announced Thursday, with his office saying he had an acute respiratory illness. Some opposition leaders were skeptical, however, and thought Yanukovich was disappearing in preparation for imposing a state of emergency.

THE ASSOCIATED PRESS



An opposition supporter asked his girlfriend to marry him at the protesters' barricades in central Kyiv, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS

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Sibut. Rebels flee key Central African Republic town; looting ensues

Heavily armed rebels fled a key town not far from Central African Republic's capital as French and African peacekeepers deployed on Sunday, witnesses said, though a rebel commander warned they were likely to return.

Civilians immediately began looting the property of Muslim residents of the town, witnesses said.

Members of the mostly Muslim Seleka coalition, accused of committing widespread atrocities since ousting the president of a decade in March last year, had in

recent days gathered in the town of Sibut, 180 kilometres north of Bangui.

Some feared the rebels were preparing to overthrow a transitional government appointed last month.

But as heavy rain fell early Sunday, the 200 or so rebels split up and fled, with one convoy of vehicles heading north and another to the east, said Sibut resident Eugene Sangami.

"These elements benefited from the heavy rain to organize their retreat," Sangami said. THE ASSOCIATED PRESS



A refugee holds a mattress on the top of a plane in the airport camp in Bangui, Central African Republic, Sunday. HIPPOLYTE MARBOUA/THE ASSOCIATED PRESS

Thailand elections

Poll closures affected 18 per cent of voters

Thailand held nationwide elections without bloodshed Sunday despite widespread fears of violence. But the country's bitter political crisis is far from over, and one of the next flash points is likely an effort to nullify the vote. Protesters forced thousands of polling booths to close in Bangkok and the south. THE ASSOCIATED PRESS

Costa Concordia

Diver dies while salvage work goes on

A diver died Saturday while working on the shipwrecked Costa Concordia, apparently after gashing his leg on an underwater metal sheet while preparing the wreck for removal. Italy's civil protection agency, which is overseeing the removal of the Concordia, said the diver hailed from Spain. THE ASSOCIATED PRESS

Bet on a 70-cent loonie at your own risk



HOW TO ROLL
Alison Griffiths
metronews.ca

The plunging loonie could fall further, say an increasing number of currency watchers. This creates a dilemma for investors. Is it time to hedge or not?

Hedging neutralizes currency fluctuations. It has been very popular with mutual funds and exchange-traded-fund (ETF) providers since the Canadian dollar was a sad-sack 62 cents against the U.S. dollar in 2002.

With our dollar at a historic low, it made sense back then to buy hedged investments because the value of U.S.-dollar

investments translated back into Canadian currency would diminish as the loonie rose.

But as the loonie hit \$1.10 in 2007, the reverse was true. It made sense to avoid hedged mutual funds and ETFs. No one expected the Canadian dollar to remain that elevated, so any decline would make a U.S.-dollar investment worth correspondingly more.

Now things are a bit tricky. The dollar is neither high nor low, but it is approaching an often-stated "fair value" mark of 85 cents against the greenback. Some predictions, notably that of San Francisco hedge-fund manager Vijai Mohan, a longtime Canadian-dollar bear, have it crashing all the way down to 70 cents.

If you believe the loonie

bears, then avoid hedged mutual funds and ETFs because U.S.-dollar investments will benefit as our currency sinks.

On the other hand, those who think the loonie will hover or rise, should consider hedged mutual funds or ETFs.

Anyone planning to sell U.S. dollar investments for retirement income or to make a purchase, including with-

drawing funds from an RRSP through the Home Buyers' or Lifelong Learning plan, should tread carefully.

A free-falling loonie puts money in your pocket. However, the opposite can also happen. If money is needed in the short term, it's probably better to sell now, rather than betting on a continued downward swing.

Bell Canada

'Nullcrew' takes credit for hacking

Bell Canada says 22,400 of its small business customers have had their account information compromised by hackers.

A hacking group calling itself Nullcrew is claiming credit for the attack. **THE CANADIAN PRESS**

Federal budget

NDP renews call to cap ATM fees

The NDP is stepping up its battle against bank machine fees, urging the government to make good on its pledge to do something about the charges that vex some Canadian consumers.

THE CANADIAN PRESS



The glue that binds the dirt

The untreated dusty road at MacKay River in Alberta is shown in this undated handout photo. When Suncor, Canada's largest energy company, realized that its dust-control strategy — spraying water onto the road from a truck — was an act of futility, it enlisted the help of General Electric to get the problem under control. By using a glue of sorts, consisting of a byproduct of pulp and paper manufacturing, GE's method binds the particles together so that the dirt stays put. **SUNCOR/GE/HANDOUT/THE CANADIAN PRESS**

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WHY THE LIBRARY IS STILL RELEVANT

The Calgary Public Library's new central location remains an exciting mystery. We know a few things about it: It will be in East Village, behind city hall. It will be designed by the Norwegian architectural firm Snøhetta and Canadian firm DIALOG. It's expected to cost \$245 million and be built by 2018.

Beyond that, it's wait and see.

In the meantime, our library—one of the most-used library systems on the continent—is making the most of its aging downtown headquarters by stepping into the digital future and going well beyond hard-copy books.

Here are five useful things (other than borrowing books) you can do with a library card:

1. Get your favourite magazines right away—for free: Rogers recently launched an app called Next Issue. It's like Netflix for magazines: A monthly fee gets you unlimited access to over 100 publications



URBAN COMPASS

Jeremy Klaszus
calgary@metronews.ca

including National Geographic, Wired, Chatelaine and so on. A library card gets you much the same thing through a digital newsstand called Zinio—but it's free, with access to over 350 magazines. It's not as slick as Next Issue, but you can get as many magazines as you like for as long as you like.

2. Use the biggest DVD-rental outfit in town: More than two years have passed since Blockbuster shut its Calgary locations, leaving many local movie-lovers in an awkward limbo between the reliability of physical DVDs and the glitchy immediacy of digital rentals. Thanks to the library, Calgarians can still get their hands on hundreds of thousands of DVDs, including Blu-ray, while avoiding iTunes rental fees. (And remember—Calgary still has Casablanca Video, too.)

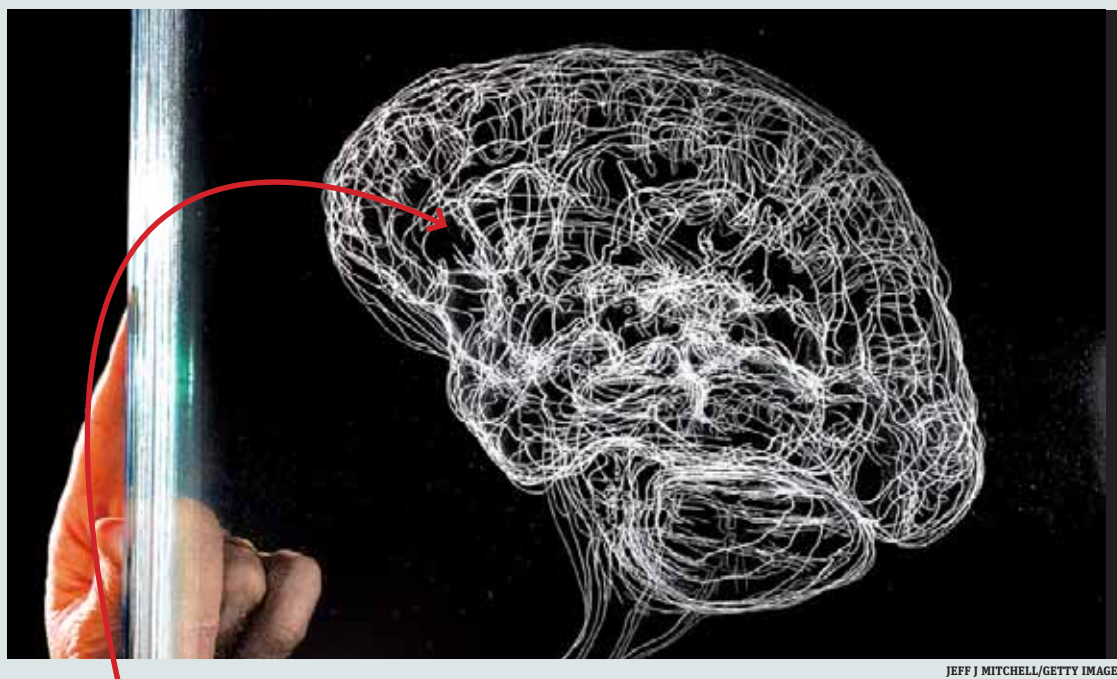
3. Read books on your devices: If, like me, you are a great borrower but terrible returner of books, this is a great help. Through a service called OverDrive, you can check out eBooks and read them on your eReader, smartphone or tablet. When it's due—poof!—the eBook just disappears. No late fees.

4. Load up on audiobooks before your next trip: OverDrive is well-stocked with audiobooks that you can borrow for three weeks at a time. Another service through the library, AudioBookCloud.com, offers instant streaming of audiobooks—but selection is limited to some 1,200 titles. For now, OverDrive is the way to go (between eBooks and audiobooks, it has over 46,000 titles).

5. Borrow human books: The library has what it calls a “living library.” People volunteer as “living books” and share stories about their experiences. For example, the book Growing Up Poor in New Orleans is about a person surviving poverty, abuse and Hurricane Katrina before coming to Canada. Individuals and groups can “borrow” these books and listen to the stories in person.

ZOOM

Portrait of the artist as a brain



JEFF J MITCHELL/GETTY IMAGES

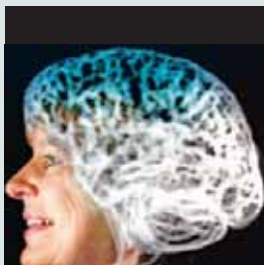
A new frame of mind

Artist Angela Palmer has mapped her own brain. Palmer's work, Brain of the Artist, which goes on display to the public for the first time this week at the Scottish National Portrait Gallery in Edinburgh, was created from digital information provided by medical scanners.

METRO

Artist's viewpoint

“It is an extraordinary experience, staring at your brain floating in a glass chamber before you. Unlike traditional portraiture, an image of one's brain does not depict anything recognizably “you” and yet it could not be more intensely personal.”



“Being scanned felt like a mechanical fortune teller passing over your body,” artist Angela Palmer said. GETTY IMAGES

Sculpture exposes ‘inner architecture’

“Recreating the brain is perhaps the most objective form of self-portraiture,” Palmer describes. “I try to peel back the layers to expose the hidden beauty of our inner architecture. The image floats ethereally in its glass chamber, but can only be viewed from certain angles. From above and from the side the image vanishes and the viewer sees only a void.” METRO

Clickbait



LUKE SIMCOE
Metro Online

Last week, the beloved famous Internet cat Colonel Meow passed away, leaving us with a fluffy, Himalayan cat-sized hole in our collective hearts. But now that we're done grieving, Metro takes a look at some other Internet-famous felines who can help fill that void.



FACEBOOK.COM

Lil Bub (lilbub.com):

Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social media followers. She even has her own talk show.

over one million Instagram followers, Nala is a Siamese-Tabby mix known for her blue eyes and love of bow ties.

Maru (youtube.com/user/mugumogu):

One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

Nala Cat (nalacat.com):

Quite possibly the only cat with



Twitter

Canadian groundhogs like Wiarton Willie and Shubenacadie Sam are offering conflicting predictions on how much longer Old Man Winter will be sticking around, while world-famous Punxsutawney Phil says it won't be leaving quite yet. How will you be spending the next six weeks?

@KatarinaKaneff: praying that both of those silly groundhogs are smote for their horrible predictions, and that spring comes early.

@LindaMcCallumRE
Hunting Groundhogs

Follow @metropicks and take part in our daily poll. Best answers published right here.

Comments

RE: Be Wary of Groundhog Predictions: Forecasters published online Friday, January 31, 2014

The “forecasters” bad mouth the ground hogs because the hogs have a higher forecast accuracy percentage than they do!!

Stoneaxem, posted to metronews.ca

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E-books



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By Don Shay & Jody Duncan

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

A journal of behind-the-scenes movie magic, folks at Cinefex magazine get their hands on the extras you won't find on any DVD and the photos obsessive fans drool over. Going digital has actually lowered its price from \$15 to \$5 while adding how-they-did-it videos and interactive galleries. The current issue is a fascinating reveal of what kept Sandra Bullock afloat in Gravity.

Box office

Ride Along still cruising on top

Ride Along has topped the box office for the third week in a row with \$12.3 million US, according to Sunday's studio estimates. Disney's Frozen, now the fourth highest-grossing domestic animated release ever, is in second place with \$9.3 million US. That Awkward Moment, a Focus Features film, has taken third place in its opening weekend with \$9 million US. **THE ASSOCIATED PRESS**

Glamour on the gridiron

Forget the football!

Bruno Mars, Chili Peppers and Queen Latifah the real stars of the Super Bowl

Bruno Mars brought millions of fans into the club with a command performance during the Super Bowl halftime show Sunday.

The Grammy Award-winning singer translated his high-energy live show to the largest of stages, carrying off his hits with a smoking hot live band while managing to seamlessly integrate the Red Hot Chili Peppers into the set.

There was some concern Mars might not be able to hold up to the pressure of the assignment, but the 28-year-old wiped away the questions immediately.

Dressed in a gold-coloured jacket, he executed a note-perfect drum solo as he rode across the field on a raised platform. Once on stage, he delivered hits like Locked Out of Heaven and Treasure with a machismo that made it clear he wasn't lip-syncing.

Earlier in the evening, rapper and singer Queen Latifah and the opera star Renée Fleming proved the perfect choices to sing America the Beautiful and The Star-Spangled Banner. Both women are accomplished performers and handled the pitfall-ridden material with relative ease in stirring performances that brought cheers from the crowd.

"Have you ever heard it sung any better?," play-by-play announcer Joe Buck said as fans cheered wildly after Fleming's two-minute rendition of the national anthem.

Her performance included



Bruno Mars and Anthony Kiedis wow the crowd at the Super Bowl on Sunday. ALL PHOTOS: GETTY IMAGES

the Armed Forces Chorus, video shots of soldiers in Afghanistan, fireworks, a giant American flag and several shots of Denver Broncos quarterback Peyton Manning scowling, already in game-face mode.

Fans cheered wildly after the soprano, dressed in a Vera Wang-designed black gown with white sash, hit a long final high note with practised ease.

Latifah, dressed sedately in a knee-length blue parka and a white turtle-neck, shared her performance equally with the New Jersey Youth Chorus, often swirling her voice together with the singers rather than taking a more forceful lead role. The effect was lovely.

She finished her performance with a small fist pump.

After walking off the field, Fleming said she hadn't felt nervous. "I do most of my nervous stuff in advance so when I actually get there I can enjoy it ... and it was certainly true this time," she said. "I feel so thrilled and honoured to be out there. I loved every second."

THE ASSOCIATED PRESS



Oh, Joe!



Despite it being a balmy 8 C in East Rutherford on Sunday night, NFL legend Joe Namath symbolically flipped the bird at PETA and donned a fur coat for his role as pre-game coin tosser. The cloak was ostensibly an homage to his style during his days as the New York Jets' star quarterback in the 1960s, when he'd think nothing of throwing on some animal skins to keep warm on the sidelines.

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2 SCENE



J. K. Rowling ALL PHOTOS GETTY IMAGES

Rowling admits not every little thing she does is magic — like Ron & Hermione

Harry Potter author J.K. Rowling is having second thoughts about having ended the series with heroine Hermione Granger paired up romantically with Ron Weasley.

The hugely successful author tells *Wonderland* magazine she chose the red-haired Ron for Hermione for very personal reasons.

She told the magazine she “wrote the Hermione-Ron relationship as a form of wish fulfilment” and said the couple might eventually need relation-

ship counselling.

The soon-to-be published interview was reported in *The Sunday Times*, which also quoted actress Emma Watson, who played Hermione, expressing doubts about the viability of her character's relationship with Ron.

She told the newspaper that many fans doubt Ron can make Hermione happy over time.

Many fans had hoped Harry and Hermione would become a couple. **THE ASSOCIATED PRESS**



Owen Wilson

It's another boy for serial baby daddy Owen Wilson

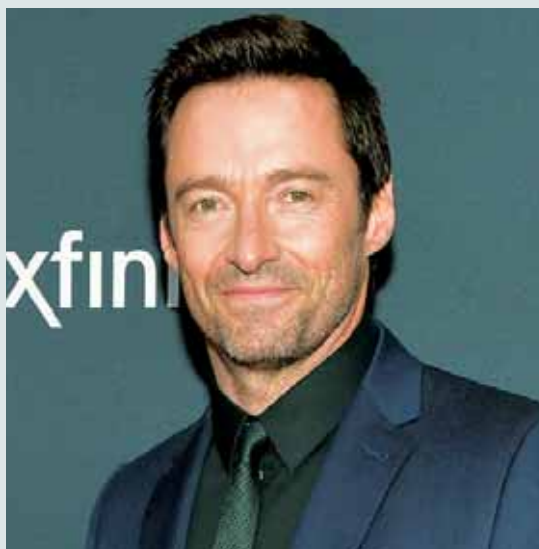
Owen Wilson is a dad once again, welcoming a baby boy with ex-girlfriend and former personal trainer Caroline Lindqvist, the actor's rep confirms to *People* magazine. “They are not living together,

but Owen is involved (in the pregnancy),” a source said prior to the baby's birth. “He comes to doctor's appointments and makes sure Caroline is doing well.” Wilson also has a three-year-old son with ex Jade Duell.

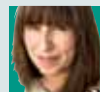
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Jackman to drop anchor in Jack Sparrow's lagoon

STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Jackman will be playing Blackbeard in the upcoming *Peter Pan* movie. I think I speak for all of us when I say, “Captain Jack Sparrow who?”

Kate Gosselin's sister says that the two siblings haven't spoken a word to each other in six years. Then she continued skipping down the street, throwing confetti and handing out puppies.

After a year and a half Heidi Klum breaks up with her bodyguard boyfriend. But shee-eee-eee-eee will

always love him.

While testifying at the British phone-hacking trial, Jude Law finds out that a close relative sold private information about Jude to the *News of the World*. “I may have a useful tip for you,” says Kate Gosselin's sister.

Rovio, the maker of *Angry Birds*, wants to make it completely clear they “do not collaborate with spy agencies.” They will, however, admit to turning previously well-functioning adults into empty shells that can only be filled by the laughter of evil pigs and thus are completely vulnerable to oppression by the agents of totalitarian governments.

This week in *What Event was Worse?* The Pope's lovely peace doves getting viciously attacked by a seagull and a crow or Jamie Foxx introducing his daughter by saying, “this is my seed?”



Justin Bieber

One super bowl too many? Biebs held before big game as jet searched for pot

Justin Bieber just can't catch a break. The beleaguered singer arrived at New Jersey's Teterboro airport for the Super Bowl in a private jet that reportedly reeked of marijuana, prompting authorities to place him in federal custody for hours while the aircraft was searched, according to Page Six. Bieber was travelling

with his father, Jeremy, and about 10 other friends. While drug-sniffing dogs reportedly identified two pieces of luggage as containing marijuana, nothing was found and Bieber and his entourage were allowed to leave. Sources say the jet's pilot may have tipped off police about pot smoking on board before landing.



Lorde

She is 17 going on 45: Lorde cracks wise as age conspiracy debunked

With the success that 17-year-old singer Lorde has achieved, it's easy to believe conspiracy theorists when they claim she's lying about her age. In fact, rumours to that effect reached a fever pitch after her recent Grammy victory, so website the Hairpin went ahead and published her full

New Zealand birth certificate, which proves that Lorde — real name Ella Maria Lani Yelich-O'Connor — was born Nov. 7, 1996. Of course, some conspiracy theorists still aren't convinced. Lorde herself is taking it in stride, joking to *Vanity Fair* recently, “Hi, I'm Ella, and I'm actually 45.”

Notice of Hearing for Permanent Guardianship Order to Robin Fitzgerald

Take notice that on the 7th day of March, 2014 at 10:45 a.m., at Calgary Family Court, Courtroom #821, 601 – 5th Street SW, Calgary, Alberta, a Judicial Dispute Resolution will take place.

Take notice that on the 30th day of April, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a Pre-Trial Conference will take place.

Take notice that on the 16th, 17th, 18th, 19th, 23rd, 24th, and 25th days of June, 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1206, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order** of your child born on **July 2, 1999**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink

Calgary and Area Child and Family Services Authority

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Why your budget was a bust from the beginning

It was a good effort but... Keep these five money-management mistakes in mind when drawing up your next dollar tracker



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are always willing to volunteer their wisdom about budgets to me. I'm a budget discussion magnet, it seems. And nine times out of 10, people want to tell me why budgets don't work. I agree. Most people's budgets don't work for a few basic reasons. Here's my top five list:

Inaccurate income projections

I can't believe the number of people who don't know how much money they make. How can you have a hope in hell of having a budget that works if you don't know how much money you bring home?

I know there are a variety of pay periods: monthly, semi-monthly, bi-weekly and weekly. But all you have to do is look at how much is coming into your accounts to know how much you actually make.

If it varies from one month to the next, then use the lowest income you have as your basic income, and use whatever extra you earn to fund

stuff like home maintenance, vacations, gifts and the like.

Not enough categories

Most people generalize their budgets too much to get an accurate picture of where their money is going. I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

You have to have enough categories in your budget to give you a real sense of where the money goes and where you may be able to cut costs. Careful now: too many categories and you'll make your budget such a chore that you'll toss it in no time at all.

Another problem that goes hand in hand with this one is:

Failure to include expenses

Not all expenses come in every month. Insurance bills can come annually.

Property taxes can come quarterly. Service contracts, dental bills, birthday presents, health-club renewals... there are lots of things that pop up only once or four times a year. If you don't include them in your budget, you won't have the money at the ready when the bill comes in.

Cash

People spend cash without



Budgeting isn't just about tracking your costs, it's about making sure you're spending your hard-earned money the way you want to. ISTOCK

where it's gone. And if you know you have a bill coming due in a couple of days, but your partner doesn't, and he goes into the account for cash, then you won't have the money available to pay the bill.

No plan to save

People seldom put a "savings" line on their budget. Despite how well known the Pay Yourself First idea is, people still don't do it.

They wait to see how much they have left to save. And it's usually ZERO, zip, zilch! If you're serious about savings, it has to be a line item on your budget. You have to identify a specific amount you're going to save both for long-term savings and for emergencies, and you need an auto-deduction to a savings account to MAKE IT HAPPEN.

Budgets are a great tool provided you use them the right way. You need to have spending categories that fit your personal situation, your spending habits, and your income.

Don't look to anyone else's completed budget as a guide, except perhaps for a list of categories you may not have thought of. Make sure you review your spending patterns to see if there are areas where you're overspending.

There may even be things you're spending money on of which you weren't even aware.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Careless categorization

I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

Gail Vaz-Oxlade

keeping track of where it's going and that throws their budgets out of whack. Some people use bank machines like a wallet, pulling \$20 here and \$40 there as needed.

The problem with this approach is that money flows away without any record of

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'Round the world wisdom

Train your attitude before taking on any challenge

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race

in Egypt in '11. In this post, I share a lesson about life, learned from the desert. When facing a challenge, we



LESSONS FROM THE DESERT
Stéfán Danis
life@metronews.ca

typically dedicate the majority of our time to acquiring a new skill, rather than training our attitude so that the new skill can flourish.

When I signed up for the multi-stage ultra-marathon in the Gobi, the best advice

I received was that it wasn't a marathon and that "the race was 50 per cent mental attitude, 50 per cent physical aptitude." That simple statement would drive everything I did. Yes, I had to learn to run half the distance. But I would need to rely on my mind for the other half. How should I train my attitude?

I decided to run only when I didn't want to.

I ran at midnight, when I wanted to go to bed, after a meal when I felt full, outdoor preferably during storms and blizzards, when I was ill, or

when my little voice inside said, "I'm tired." And when there was beautiful sunshine outside with perfect running conditions, I went to the gym and did strength training inside instead.

Ultimately, my training would add up to less distance than most competitors who ran the Gobi. But every time I set foot outside to run, I also received the compound upshot of slowly building the mental attitude and immunity required to deal with the adverse conditions the desert would unleash.



Routinely pushing yourself to take the rockier road will make life's regular humps seem so much smoother. ISTOCK

When taking on something new, consider that for the new skills or habits to stick, an attitude adjustment should be

your first step.
STÉFÁN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Dr. Mahajan said knock you out: You gotta fight, in your plight, to learn math

Hit the books. Math professor teaches students to apply the 'ninja method' to intimidating equations

VICKI SALEMI
Metro World News

Street fighting and self-defence require quick thinking and an ability to "shoot

first and ask questions later." These ninja skills also apply to students in Dr. Sanjoy Mahajan's class based on his book, *Street-Fighting Mathematics*.

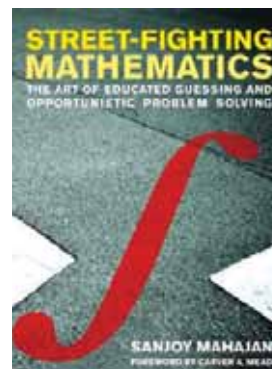
For his class, available at MIT and to students participating in the Massive Open Online Courses program who have basic physics and algebra comprehension, Mahajan says he doesn't want his students to "wait for the perfect kick to come" — he encourages them to just go for it.

The lessons seek to rid

students of math anxieties by emphasizing the art of problem-solving without doing an exact, lengthy calculation.

"They think, 'If I don't get this one right answer, I have nothing,'" he says. The answer itself isn't the end-all, be-all though. That's because in his class, a grade is not based on correct or incorrect answers; instead, it's all about whether they've made a decent effort to find the answer.

By showing students an equation as they stare at various symbols in fear, he tells



Math-o-phobia

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered."

Dr. Sanjoy Mahajan

words, estimating.

The class challenges the idea that math is supposed to be exact, as students toss away the notion of perfection and right and wrong. To drive home the ninja math technique, he often uses Navier-Stokes equations, considered some of the most complex math equations out there. He says it literally takes years to solve these problems, but "to hell with that, that's not a street-fighting approach." With a long, arduous approach, he says problems will not be solved and suggests the

street-fighting approach as a way to make progress.

Students inevitably apply the ninja method to other classes as well, Mahajan points out. Approximating helps them simplify, he explains: "When the going gets tough, lower your standards."

Mahajan used the technique to learn German, for example. The language has endings with seven different forms of the word "the." Instead of figuring out the proper word endings, the professor went with the most common one.

"I was willing to approximate and not get 'paralysis by analysis,'" he says. Coupled with approximating by slurring the ends of words, locals understood Mahajan based on what their ear was trained to hear.

It turns out that the street fighting technique works in German too.



Who hasn't experienced the desire to deck their long-division homework? ISTOCK

THE FUTURE IS NOW EVENING KEYNOTES ON EDUCATION

The Calgary City Teachers' Convention Association would like to invite the public to a thought-provoking evening on the **Future of Education** featuring Author & Researcher **Joel Westheimer** and Science Broadcaster & Beakerhead Co-Founder **Jay Ingram**. **Thursday, February 13, 2014** from 6:45-9:30 pm (doors at 6:00) in the Macleod Hall at the Calgary TELUS Convention Centre.



Tickets are \$15 for the public and can be purchased through the convention website at

www.cctca.com



Etch out an entrepreneurial plan lest the economy eats you up

There's freedom in the freelance. Every person has a plethora of talents, so how about turning a side hobby into a cash-making side career

DAN SCHAWBEL
Metro World News

Gone are the days when you could rely on one source of income to survive. Secure full-time jobs are scarce — the economy is too unpredictable, and there are many external factors that you can't control — like your company going into bankruptcy or eliminating your department.

Casting a wide workplace net

If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

Amid all this uncertainty are corporations that aren't hiring, even though they are making more money. And just because you work at a well respected company doesn't mean you're protected from unpredictable layoffs.

In this kind of employment climate, you need to have multiple sources of income.

The best way to accomplish that is by having an entrepreneurial mindset. Think about career diversification the same way you

think about managing a portfolio of stocks.

If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

Although freelancing can be difficult, it is the easiest path to career diversification, and it's becoming more and more popular. Intuit predicts that 40 per cent of U.S. workers will be freelancers by the



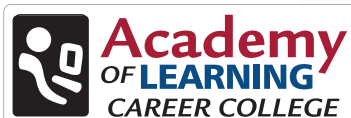
What skills have you got in your back pocket that aren't being put to good use? ISTOCK

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year 2020. With freelancing you can take on multiple clients, and if you lose one you can still survive. Aside from the benefit of freedom and flexibility, it diversifies you in a way that protects you from economic uncertainty. If you work for a big corporation, you should be

doing side projects (such as freelancing) just in case you get laid off.

You can also parlay your entrepreneurial activity outside of work into a full-time job if you concentrate enough effort on it.

Diversifying your career is the smartest decision you can

make because it gives you the upper hand in your career, and is your best insurance plan against things that you can't control.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BEST-SELLING BOOK, PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS.

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Moroccan tastes meet super food in pilaf



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This Moroccan-flavoured dish resembles the flavours of the North African delicacy, tagine. A tagine is a delicious dish that is braised in a small amount of liquid with vegetables, dried fruit, olives and Mediterranean spices. If you

own a tagine, the authentic cooking vessel, you can bake this dish at 350 F.

This is a delicious one-pot dish that I serve for the family or when I'm entertaining.

You can always use boneless chicken breasts or chicken on the bone but it will take longer to cook.

Traditionally, you would serve this dish over couscous, but I have selected the

Nutritional information

Per serving: 419 calories; 70 g carbohydrates; 9 g fibre; 15.5 g protein; 9.6 g total fat; 1.8 g saturated fat; 11 mg cholesterol; 350 mg sodium

healthier grain, quinoa.

To make perfect quinoa, just combine 1 1/2 cups of stock or water with 1 cup of quinoa, bring to a boil, cover and simmer on the lowest heat for 15 minutes just until the liquid is absorbed and the quinoa just tender. (Make the quinoa while the chicken mixture is simmering.)

To toast the nuts, just heat them in a hot skillet on medium-high heat for about 3 minutes or just until toasted. You can make a batch up in advance and keep stored in an airtight container.

This dish is also great as leftovers. Heat gently in a



This recipe serves six. ROSE REISMAN

microwave or toasted oven at 300 F.

Directions

1. Combine the chicken and flour. In a large non-stick skillet, add vegetable oil and sauté chicken just until browned and half way

cooked about 2 minutes. Set aside. Wipe out skillet and spray with vegetable oil.

2. Sauté onion, garlic, carrots, ginger, cinnamon, nutmeg, cayenne and salt and pepper for 5 minutes. Add stock, chickpeas, chicken, ol-

ives, and dried fruit and simmer covered for 15 minutes, stirring occasionally. Add more stock if needed.

3. Serve the dish over cooked quinoa and garnish with cilantro and toasted almonds.

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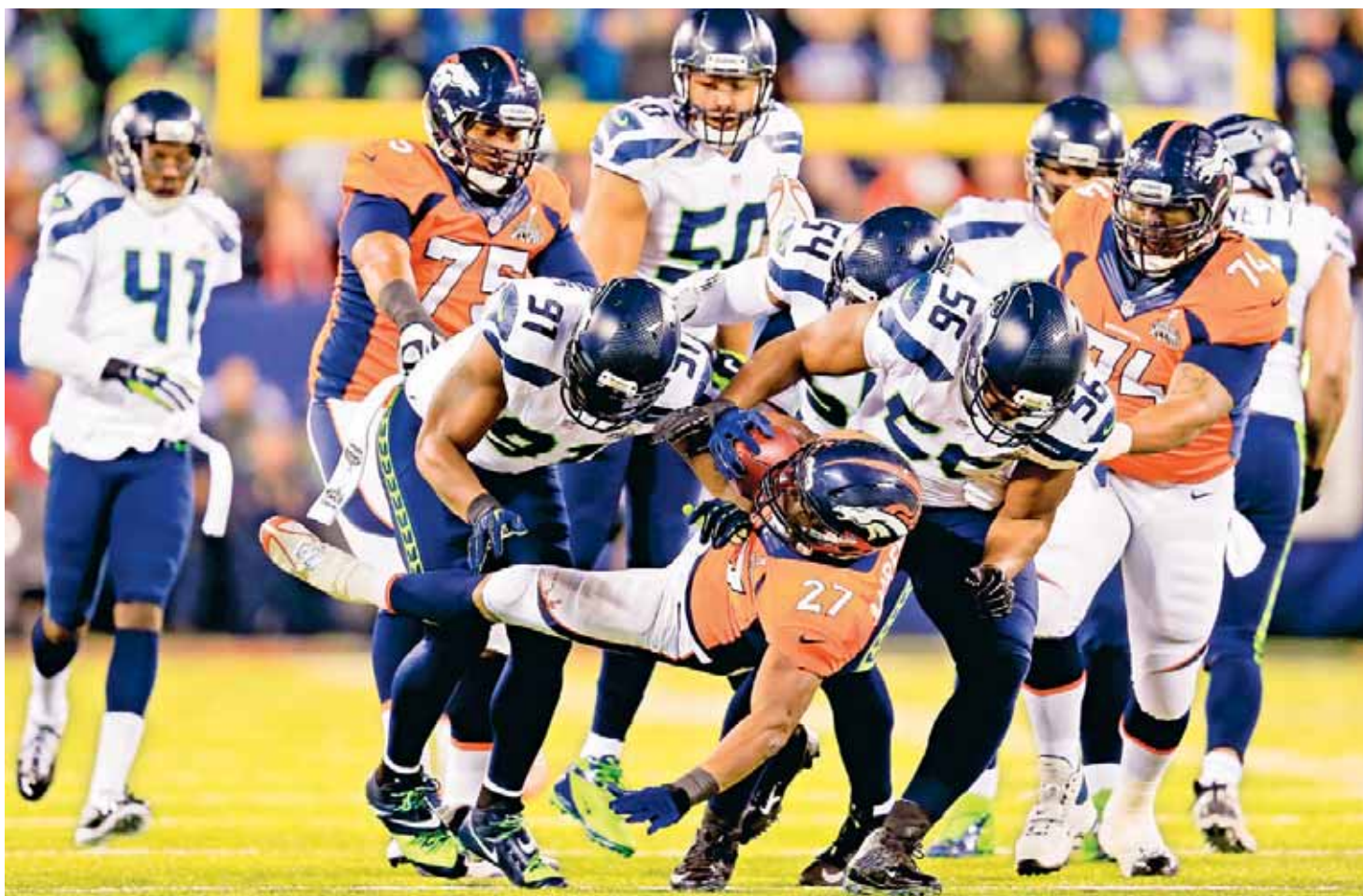
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Broncos running back Knowshon Moreno is tackled by Seahawks Chris Clemons, from left, Bobby Wagner and Cliff Avril during Super Bowl XLVIII on Sunday in East Rutherford, N.J. ROB CARR/GETTY IMAGES

Bowl-dozer

Seahawks win.
Manning's Broncos overwhelmed by Seattle's defence from start to finish

The Seattle Seahawks' mantra all season was to make each day a championship day.

They made Super Bowl Sunday the best day of all with one of the greatest performances in an NFL title game — sparked by a defence that ranks among the best ever.

The Seahawks won their first Super Bowl crown in overpowering fashion, punishing Peyton Manning and the Denver Broncos 43-8. That masterful defence, the NFL's stingiest, never let the five-time MVP get going, disarming the highest-scoring offence in league history.

Seattle (16-3) was too quick, too physical and just too good

Super Bowl

43

Seahawks

8

Broncos

- The Seahawks' Malcolm Smith earned Super Bowl MVP honours.
- Smith is only the third linebacker in Super Bowl history to earn the award, joining Ray Lewis of Baltimore in 2001, and Chuck Howley of Dallas in 1971.

for Denver, and that was true in all areas. What was hyped as a classic matchup between an unstoppable offence and a miserly defence turned into a rout.

"We've been relentless all season," quarterback Russell

Wilson said. "Having that mentality of having a championship day every day. At the end of the day, you want to play your best football and that is what we did today."

Punctuating Seattle's dominance were a 69-yard interception return touchdown by linebacker Malcolm Smith to make it 22-0, and Percy Harvin's sensational 87-yard kickoff run-back to open the second half.

When the Seahawks, up by 29 points, forced a Denver punt early in the third quarter, the 12th Man — and there were legions of them in MetLife Stadium — began chanting "L-O-B, L-O-B."

As in Legion of Boom, the Seahawks hard-hitting secondary, part of a young team with an average age of 26 years, 138 days.

"This is an amazing team. Took us four years to get to this point but they never have taken a step sideways," coach Pete Carroll said. "These guys would not take anything but

winning this ball game."

The loss by the Broncos again raised questions about Manning's ability to win the biggest games. He is 11-12 in the post-season, 1-2 in Super Bowls.

"Certainly to finish this way is very disappointing," he said.

He never looked comfortable against a defence some will begin comparing to the 1985 Bears and 2000 Ravens — other NFL champions who had runaway Super Bowl victories.

Seattle forced four turnovers; Denver had 26 all season.

Wilson, who has an NFL-record 28 wins in his first two pro seasons, including playoffs, had a 23-yard TD pass to Jermaine Kearse late in the third quarter to make it 36-0.

Wilson also hit Doug Baldwin for a 10-yard score in the final period.

For the fifth time in six meetings between the NFL's No. 1 offence and defence, the D dominated.

THE ASSOCIATED PRESS

Opening snap

Safety first but not planned by Broncos

All those records, all for naught.

Peyton Manning couldn't cap the greatest season any NFL quarterback ever had or secure his legacy as the best QB in history because his Denver Broncos came down with a case of the yips Sunday night.

They fell behind right from the start and never recovered.

The bumbling Broncos trailed before Manning ever got his hands on the ball because Manny Ramirez's bad snap went for a safety 12 seconds into the game.

It only got worse as the Seahawks scored the game's first 36 points.

THE ASSOCIATED PRESS



A snap sails past Peyton Manning for a safety. GETTY IMAGES



Sisters, from left, Maxime, Chloe and Justine Dufour-Lapointe pose for a photo after being introduced as members of Canada's Olympic freestyle skiing team on Jan. 20 in Montreal. Skiing has always been a family affair in the Dufour-Lapointe household. PAUL CHIASSON/THE CANADIAN PRESS

Sister skiers take bumps together

Freestyle skiing.

Dufour-Lapointe trio look to make podium in moguls at Olympics

Skiing has always been a family affair in the Dufour-Lapointe household.

For Johanne Dufour and Yves Lapointe, it was a way to spend quality time in the winter with their three daughters.

But they never thought that one day it would take Maxime, Chloe and Justine Dufour-Lapointe to the Olympic Games.

All three freestyle skiing sisters will be in Sochi, Russia, to compete in moguls, the mad dash over the bumps with two intricate jumps thrown in.

It was the eldest, Maxime, who got them started in freestyle when she was 12 and

Podium-proven performers

Justine, 19, goes into Sochi having won bronze at last year's world championships. She had five podium finishes in six races on the World Cup tour this season, including two victories.

- Chloe has been on a World Cup podium three times, while Maxime picked up her first career podium at Deer Valley this season.

"We're going to put on a show that Canadians will remember for a long time."

Justine Dufour-Lapointe says she and her sisters will be noticed in Sochi.

went to see a friend in a moguls competition. Right away, she wanted to try it and it wasn't long before her talent began to show and she was entering races as well.

Her sisters were eager to try it, too.

But if 24-year-old Maxime opened the door for her sisters, it took her the longest to reach her full potential.

"I had some tough moments," said Maxime, now considered among the world's best in landing her jumps. "As an athlete, it's normal to have some self-doubt."

"I'm an analytical person and I like to figure things out. Now I understand moguls. It took me more time, but the important thing is to get there."

While they are competitors on the slopes, the sisters remain a close-knit group.

"We see having all three of us competing in the same discipline as an advantage," said 22-year-old Chloe, currently second in World Cup standings behind American Hannah Kearney. "We're sisters and we see it as normal to compete together."

Maxime agrees.

"Having them there gives me feelings of security and comfort," she said. "I know they won't be afraid to be honest with me."

"We aren't afraid to call each other out if we have to. It makes me a better athlete and it's the same for them. It's a constant learning process."

Of the three sisters, only Chloe has Olympic experience. She managed to qualify for the 2010 Winter Games in Vancouver, exceeding expectations by finishing fifth.

THE CANADIAN PRESS

Sports in pictures



1 Curling. Homan serves notice she's ready to defend title

Rachel Homan and Team Canada grabbed the early lead and held it on for a 9-6 win in nine ends over Quebec's Allison Ross on Sunday at the Scotties. The defending champions are the lone team yet to lose a match at 3-0.

THE CANADIAN PRESS

2 Golf. Stadler earns first career PGA tour title

Kevin Stadler won the Phoenix Open on Sunday for his first PGA Tour title when playing partner Bubba Watson missed a five-footer for par on the final hole. Watson and Canadian Graham DeLaet finished one stroke back.

THE ASSOCIATED PRESS

3 NHL. Frolik and Enstrom boost Jets past Habs

Michael Frolik and Tobias Enstrom scored to give the Winnipeg Jets a 2-1 victory over the Montreal Canadiens on Sunday afternoon. Al Montoya stopped 30 shots, giving up the Habs' lone goal to Brian Gionta.

THE CANADIAN PRESS

4 NHL. Ward rejoining Hurricanes after conditioning stint in AHL

The Carolina Hurricanes have recalled goalie Cam Ward from his brief conditioning stint in the minor leagues. The team announced the move Sunday. The 2006 Conn Smythe Trophy winner missed Carolina's last 14 games with an unspecified lower-body injury and began his conditioning stint Friday.

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Sean Monahan of the Calgary Flames celebrates after scoring against the San Jose Sharks at Scotiabank Saddledome on Thursday. DEREK LEUNG/GETTY IMAGES

Flames young gun hungry for goals, mom's cooking

NHL. Sean Monahan may live with his mother, but he's still a rookie-of-the-year candidate with 15 goals

He's received several marriage proposals, a parody Twitter account about him has nearly 13,000 followers and his No. 23 is one of the top-selling Flames jerseys.

Welcome inside the world of NHL rookie-of-the-year candidate Sean Monahan, third-line centre going on face of the franchise, who four months into his NHL career leads Calgary with 15 goals.

Quoted

"A girl came up and said that her dad had given her the privilege to marry me so she asked me. She was pretty shy about it so it was a pretty awkward experience."

Sean Monahan

Not bad for a teenager living with his mother.

"It's gone pretty well. Obviously it's a lot different than coming from junior hockey and that atmosphere. Being a pro is a big responsibility," said Monahan, the Flames' sixth overall choice in the 2013 entry draft.

His first milestone was playing his 10th NHL game. Six goals in his first nine games made the decision to keep him in the NHL rather than return him to junior an easy one.

But it came with the condition that he not live on his own. So after spending the beginning of the season with teammate Jiri Hudler and his family, Monahan had a change of address.

The team had former Flames centre and current Calgary Hitmen assistant coach Joel Otto lined up to be his billet when instead Monahan's mom decided to move out to Calgary.

"It's awesome. I'm pretty tight with my family so having my mom here, it's easy for me. Coming home to meals cooked by her is a nice treat," Monahan said. **THE CANADIAN PRESS**

'Right off the bat'

Stajan relates

One player that can relate to his situation is Matt Stajan, who was 19 when he began his rookie season with Toronto in 2003-04. While there are some parallels with Stajan, who also lived at home with his parents during his rookie year, there are big differences also.

Unlike Monahan, Stajan was behind a veteran group of centres on the Leafs, including Joe Nieuwendyk, Mats Sundin, Robert Reichel and Ron Francis, none of whom were younger than 32. This year in Calgary, Stajan at age 30 is the oldest at that position. "I came into a completely different situation. Toronto was a really good team with a lot of Hall of Famers so I was eased in," Stajan said. "We're in a rebuild and Mony's getting thrown into all situations right off the bat."

Horoscopes

Aries

March 21 - April 20

The cosmos will give your confidence a boost this week and make all things seem possible. Don't listen to those who say you should be cautious. If you can think of something, you should get on and do it.

Taurus

April 21 - May 21

If you were planning something spectacular for the next few days it might pay you to think again, especially if there is money involved. The planets indicate there is no need to rush things.

Gemini

May 22 - June 21

You will have to deal with a challenge to your authority that could be quite serious. Don't try to put it off, because the longer you leave it the more serious it will get. Make sure everyone knows who is the boss.

Cancer

June 22 - July 23

It may seem as if you are being swept along by forces over which you have no control, but is it true? Maybe you are taking too negative a view of your ability to influence events.

Leo

July 24 - Aug. 23

You won't have to make much effort to get what you desire over the next few days. Your powers of persuasion have rarely been higher and if you ask for something, you will get it with no questions asked.

Virgo

Aug. 24 - Sept. 23

If you try to get out of something you have already agreed to today, you won't be very popular. That may not worry you much now but it could have repercussions later.

Libra

Sept. 24 - Oct. 23

You may have to cut corners to get things done over the next 24 hours but it will be worth it. It will save you time, much of which will be taken up trying to explain to others what you are doing and why.

Scorpio

Oct. 24 - Nov. 22

Take care that in your hurry to impress important people you don't overestimate your abilities and take on too much. You may not like to say "no" but they won't be impressed if you fail to deliver.

Sagittarius

Nov. 23 - Dec. 21

You can turn dreams into realities this week. All you have to do is be yourself and believe in yourself. The latter is important as various people will try to convince you that you don't stand a chance.

Capricorn

Dec. 22 - Jan. 20

The most important thing this week is that you don't let others tell you what you ought to believe. No matter how loud the so-called "experts" may be, you must trust what your inner voice tells you — always.

Aquarius

Jan. 21 - Feb. 19

This is not a good time to be too adventurous financially. With Mercury about to begin one of its retrograde phases, you could lose big if you get carried away.

Pisces

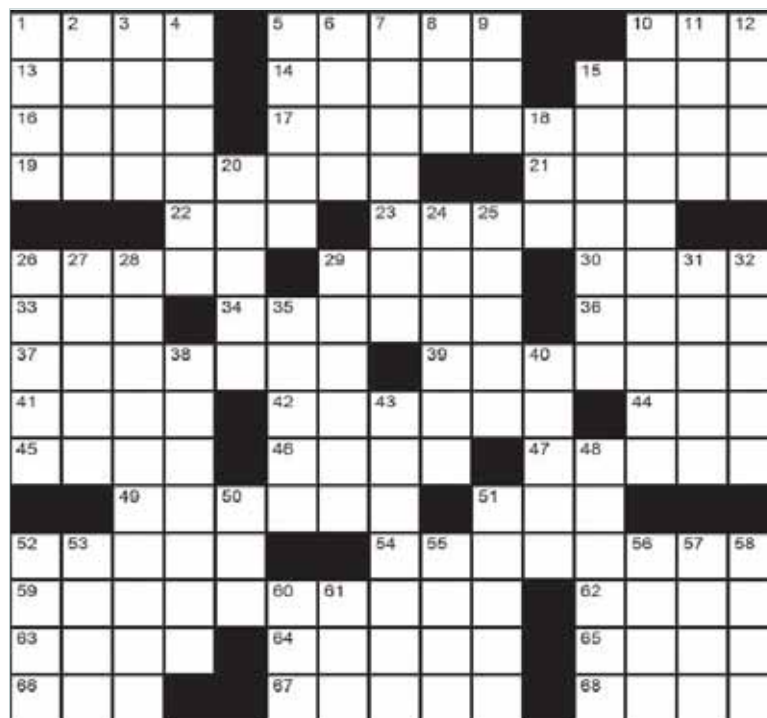
Feb. 20 - March 20

Make sure you can see how other people's decisions might affect your own aims and ambitions. On the work front especially, take nothing for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Brother of singer Brandy, ___
5. Attempt or fetch: 2 wds.
10. Exchange rings
13. True: French
14. Jim Croce's "I Got ___"
15. Swell
16. Word's history [abbr.]
17. Evangeline's poet
19. Soak with the sponge some more
21. How some are in love
22. Facing [abbr.]
23. Salad ingredient
26. Married man, fun-style
29. 1997 Peter Fonda title role
30. "___ la Douce" (1963)
33. Give ___ try
34. Tirade talker
36. Years: Spanish
37. Ms. Harris of "Love It or List It Vancouver"
39. Net-using fishermen
41. Alan of "M*A*S*H"
42. Actor Kevin, and surnamesakes
44. Compass dir.
45. "It's ___ real!"
46. Good: French
47. Beginning
49. Remember
51. Stir



52. ___ recording
54. Standard Time: Scottish-born Canadian, Sir ___ Fleming (b.1827 - d.1915)
59. Justin Bieber's 'contest of speed' in Miami: 2 wds.
62. Opera tune

63. Stage setting, ___-en-scene
64. Path to travel on
65. George Harrison's "___ It a Pity"
66. Educ. institution
67. "Vogue" dancer
68. Didn't walk there

Down

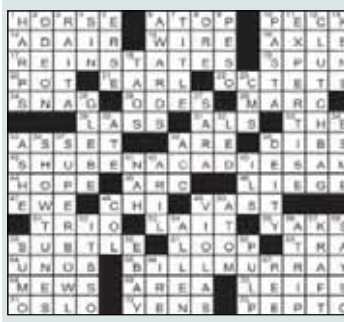
1. Winnebago owner, informally
2. Mr. Johnson
3. "Divine Secrets of the ___ Sisterhood" (2002)
4. "The Waltons" son
5. Lively dance

6. Due ___ before... (Submission info)
7. Engine-of-a-car part
8. Texter's "Egads!"
9. Black-and-white jersey wearer
10. Canadian band, The ___ of Manitoba
11. Organic com-

BY KELLY ANN BUCHANAN

12. Like Mother Nature's morning coat
15. Rome attraction, ___ Amphitheatre
18. Record co.
20. Heidi author, Johanna ___ (b.1827 - d.1901)
24. Filmom's Liam
25. Filmmaker, Maya
26. Type of headscarf
27. Serviceable
28. Canadian-invented bluffing/trivia game
29. Remove the painting's holder-upper
31. Certain code
32. Holding
35. Limerick's rhyming pattern
38. 'The snow' in Quebec: 2 wds.
40. Has peculiar-ness: 2 wds.
43. Canuck temperature measure
48. "That's against the rules!": 2 wds.
50. ___ anglais (English horn)
51. Wrath
52. Nav. ranks
53. Type of acid
55. AM part
56. Roughly: 2 wds.
57. Peel
58. Agenda info
60. Dadaist Jean
61. Murmur

Yesterday's Crossword

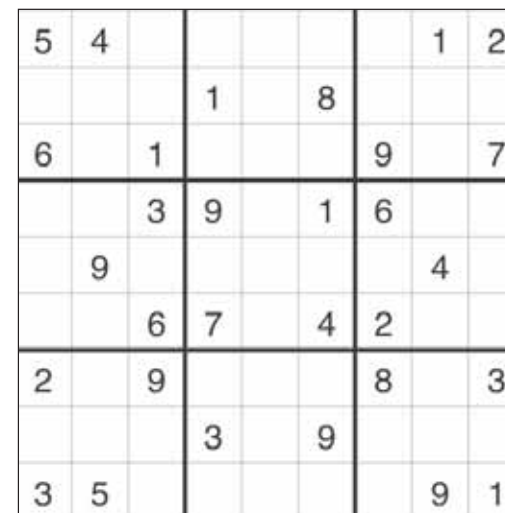


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: -18°
MIN: -19°



MAX: -22°
MIN: -23°



MAX: -18°
MIN: -23°



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A person with curly hair, wearing a light-colored long-sleeved shirt and dark cargo pants, stands on a wooden post. They are holding a green jacket aloft with their right arm and have their left arm extended outwards. The background features the Golden Gate Bridge and the San Francisco skyline under a clear blue sky.

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